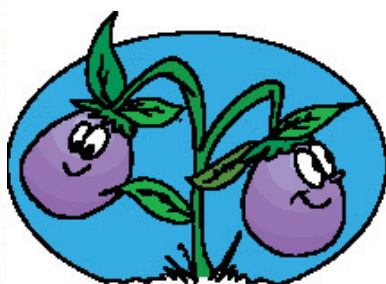
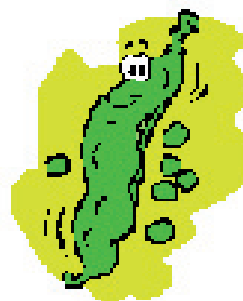


Eat 5 to 9 Servings Every Day

Do you want to feel great and have a lot of energy to play?
Eating 5 to 9 servings of fruits and vegetables each day helps you grow up strong and healthy!



Some say that 5 servings is a lot?

NO WAY!

One Serving is Just...

- * a medium piece of fruit
- * 1/2 cup of fruit or vegetable
- * 3/4 cup of juice
- * 1 cup of leafy vegetables
- * 1/4 cup dried fruit



BE ACTIVE!

Why Try To Eat 5 To 9?

Many leading health authorities recommend eating at least five servings of fruits and vegetables a day for better health.



1 at breakfast,
1 at lunch,
2 for dinner,
1 for a snack

NO PROBLEM



Fruits and vegetables are naturally low in calories and high in important nutrients that help you look and feel your best. Eat fruits and vegetables crispy fresh, in juices, dried, or cooked in an endless variety of salads, stir-frys, desserts, and other favorite recipes.



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